

STRENGTH AND CONDITIONING
COURSE SYLLABUS
Mr. Troshak
atroshak@bc.k12.mi.us
Conference: 2nd Hour (9:08-9:56)

Class Overview: This is an elective course that is designed to introduce students to lifelong fitness activities. The course will concentrate on weight lifting, aerobic conditioning, speed training, agility training, plyometrics, flexibility, and lifelong leisure activity. In the classroom students will be expected to learn how to become physically fit by studying proper lifting techniques, stretching/training habits, muscles of the body, and the effects of exercise on the body. The students will be exposed to various types and levels of fitness training. Records will be kept daily on all activities, and assessments will be conducted periodically throughout the course.

Course Objective:

1. To teach students the six core lifts and auxiliary lifts that will make them Bigger-Faster-Stronger!
 - Regular bench, Towel bench, Parallel squat, Front squat, Power clean, Sumo dead lift
2. To teach students the technique of the Dynamic Stretching, Dot-Drill, Plyometrics, and Speed Training Programs!
3. To teach students the attitude and work ethic needed to develop the intensity to set personal records in the BFS program!

Classroom Expectations:

1. ***Our classroom is a place of learning.*** Therefore, you will attend class with proper items for learning, such as proper clothing, and proper footwear. You also will be attentive during instructional time and give your best effort at all times. Lastly, everyone will be responsible to make sure that their actions do not distract others in the class from being able to learn.
2. ***Our classroom is a safe environment.*** Each student has the right to express his or her thoughts and feelings in the context of our material and the learning process. Therefore, there will be no taunting, put downs, teasing or any type of disrespect towards your peers and/or teacher tolerated.
3. ***Our classroom is a place of respect.*** As a teacher I will treat each of you with respect. I expect that you will treat me, as well as each of your classmates, with the same respect. Therefore, we will not interrupt when others are speaking, we will not take or use things that belong to other people, and will be considerate of one another's feelings.
4. ***Our classroom is a part of the larger Brown City High School community.*** Therefore, we will not do anything in our classroom that would be a distraction to the ability of other students to learn and other teachers to teach. We will also treat the building, the classroom material, and the other individuals in the building with respect.
 - **Please observe the expectations of Brown City High School as outline in your student handbook.**
 - **No food will be allowed in the weight room or gym.**
5. ***Come to class prepared.*** Students will have 5 minutes to get dressed and report to the gym. Proper equipment must be worn. This includes gym shorts or sweat pants, t-shirt, and proper athletic shoes. Short shorts (6 inches from knee-see student hand book), cut off t-shirts, skater shoes, and spaghetti strap tanks are not acceptable. **Gym shoes must be tied!** No street clothes (school clothes) may be worn. You must change out. Hair ties must be worn at all times by people with long hair. If hair is not tied back, daily points will be deducted. It would be a good idea to keep some extras in your locker.
6. ***Substitute Policy.*** Any time there is a sub in the class they are to be treated with the same respect as any other teacher. If a student's name is left by a sub then they may receive disciplinary actions from the administration.
7. ***Medical Conditions.*** Please make sure the teacher is aware of it. All medical forms must be turned in by the due date given.
8. ***Medical Conditions.*** Please make sure the teacher is aware of it. All medical forms must be turned in by the due date given.
9. ***Communication:*** Parent contact may be made regarding your progress/behavior from time to time. Please check Skyward-Family Access for progress.

Classroom Procedures:

1. Locks will not be handed out. Students are responsible for their own valuable items. Students should leave anything of value in their hallway locker.
2. Once the bell rings no one is allowed outside of the gym unless permission is given until the bell rings at the end of the hour. Anyone who goes into the hallway without permission will lose 5 points for the day.
3. ***Cell Phone Policy.*** Cell phones are not to be used during class or in the locker room and will remain unseen. Cell phones will be confiscated and turned over to administration if seen at any time except before or after school or lunch period. See the cell phone policy in the student handbook for consequences of having a cell phone confiscated.

DISCIPLINARY SYSTEM

1st offense-Warning

2nd offense- Removal from activity for a short period of time, loss of 5 participation points

3rd offense- Removal from activity for the remainder of the period and will lose an additional 5 points, 10 total). A possible referral or call home may occur.

Repeat offenders-Meeting with parents, principal and myself.

GRADING PROCEDURES

Your grade in this class is largely determined by participation—60% of your overall grade. You may earn 10 points per day for participation. Points may be subtracted for inappropriate behavior, not participating to the best of your ability, or not dressing appropriately for class. Please refer to the following:

Deductions:

Tardy (3rd and beyond)	-5
Unexcused Absence	-10
Absences not made up (5th & up)	-10
Not Dressed	-10 points and lowering of grade
Horseplay/Trash talk	up to -5
Poor warm-ups	up to -5
Poor effort during activity	up to -5
Incomplete No Dress Assign	-10

A weekly grade will be put into the computer—a total of up to 50 points may be earned each week for participation and 25 points for sportsmanship.

Dressing: Students are expected to dress daily. Not dressing will severely hurt your grade. Anytime a student does not dress for class they MUST bring a doctor's note or note from parents (only good for one day). Any time a student does not dress they are required to complete an alternative assignment provided by the instructor. This assignment is to be completed during class time and turned in by the end of the period. If a student has a no dress, they may earn half of the day's participation points for successful, accurate completion of this assignment. If they have a note, they can earn full points for successful, accurate completion of this assignment. Incompletion of this assignment will result in zero points for the day. The following dress policy will be used: Dressing is based on the semester and resets during the 2nd semester.

1st no dress: Free (if no note, student loses daily points, but has the opportunity to earn ½ the points back by completing a no dress assignment).

2nd-4th no dress: Loss of points based on the week. 2rd no dress= loss of 20 points, 3th=loss 30 points and 4th= loss 40 points.

5th no dress: Loss of all points (50 points) for the week and final grade drops 1/3. (Ex: A becomes A-)

*Students have the opportunity to earn ½ the points back by completing a no dress assignment (until the 5th no dress)

Not participating for an extended period of time, due to a verified medical condition, may result in an alteration of the grading system or incompletion of the course; therefore requiring a re-take of the class for that student. Action for such a circumstance will be determined situationally and in collaboration of the instructor, student and parent/guardian and administration.

Sportsmanship: Students can earn five points per day for sportsmanship (25 points per week). This includes demonstrating positive character traits--being respectful to others--including the instructor, not complaining, showing good sportsmanship, teamwork, being positive and not derogatory.

Deduction: up to -5

Written/Fitness/Skill Tests: Students will be given written tests over units covered. Tests will cover basic knowledge pertaining to the unit being covered. Fitness tests will be conducted multiple times during the marking period to monitor progress.

Attendance: Each time a student is absent they must complete an absent assignment. This is a 1 page write up on anything sports or health related. It could be about a game they recently attended or watched. It could also be about a healthy dish or anything to do with nutrition and exercise. If the student does not complete the absent assignment they will lose their 10 participating points for the day along with 5 sportsmanship points. If a student is absent more than 5 times in a semester she/he is required to make up their absences by scheduling a time with the instructor. If they do not make up their absences he/she will lose 10 points for each absence beyond 5.

GRADING PERCENTAGES:

Participation/Effort: 60% of final grade
(Being active, following directions, acting appropriately, trying your best, etc.)

Written/Fitness/Skill Tests: 20% of final grade
(Both-Includes tests, quizzes, physical fitness testing)

Class Sportsmanship 20% of final grade
(Demonstration of Positive Character Skills--being respectful and helpful to others, not complaining, being positive and not derogatory, etc)

A final exam will be given and it will determine 20% of the semester grade.

Due to the gym being used throughout the school year we will be covering some topics in the classroom. Topics will be selected from—but not limited to—the following:

Drug and alcohol abuse	Nutrition
Muscle of the body	Positions and directions in anatomy
Creating a proper work-out routine	Anaerobic vs. aerobic exercise

The following films will be selected from to view (other films might also be watched):

<i>Super-Size Me (PG-13)</i>	<i>Unguarded (NR)</i>	<i>Food Inc. (PG)</i>	<i>Fat, Sick and Nearly Dead (NR)</i>
<i>Extreme Make-Over Weight Loss Edition (NR)</i>		<i>Forks Over Knives (PG)</i>	<i>Hungry for Change (NR)</i>

These films will be used to provide valuable information pertaining to health. By signed this syllabus you are giving permission for your child to view this films. There will be an alternate assigned for students that do not watch the film. You can contact the teacher if you have any questions.

GRADING SCALE:

93%-100%	A	71%-73%	C
88%-92%	A-	68%-70%	C-
84%-87%	B+	64%-67%	D+
81%-83%	B	61%-63%	D
78%-80%	B-	56%-60%	D-
74%-77%	C+	55% and below	E